

<div> <div>APRIL 2015: GROUP EXERCISE CLASSES</div> <div>SALT RIVER FITNESS CENTER/SALT RIVER HIGH</div> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>SRPMIC Diabetes Program</div> <div>Salt River Fitness Center & Group Exercise Classes are for SR Community Member/Residents/Tribal & Enterprise Employees</div> <div>Group Exercise Classes may be canceled due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc. Fitness Center may be closed due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc.</div> <div>Diabetes Program: 480-362-7342 Salt River Fitness Center: 480-362-7320</div> </div>		<div> <div>1</div> <div>11:05am-11:50am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> <div>6:30pm-7:30pm</div> <div>Beginner's Yoga w/Sara</div> </div>	<div> <div>2</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>NO CLASS</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> </div>	<div> <div>3</div> <div>12:05pm-12:50pm</div> <div>Spinning w/Michelle</div> <div>*9 bikes available*</div> <div>5:30pm-6:30pm</div> <div>Zumba w/Rachel</div> </div>
<div> <div>6</div> <div>11:05am-11:50am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:30pm-7:30pm</div> <div>Senior Dance Class 55+ w/Roberta J.</div> </div>	<div> <div>7</div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>11:00am-12:00pm</div> <div>Beginner's Yoga w/Vanessa</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Zumba® w/Rachel</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div> <div>8</div> <div>6:15am-7:00am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>11:05am-11:50am</div> <div>Zumba® w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> <div>6:30pm-7:30pm</div> <div>Beginner's Yoga w/Sara</div> </div>	<div> <div>9</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>10:00am-11:00am</div> <div>SMI Chair Exercise w/Roberta</div> <div>*private session SMI clients*</div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>NO CLASS</div> <div>4:00pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div> <div>Salt River Fitness Center</div> <div>CLOSED All Day</div> </div>
<div> <div>13</div> <div>11:05am-11:50am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:30pm-7:30pm</div> <div>Senior Dance Class 55+ w/Roberta J.</div> </div>	<div> <div>14</div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>11:00am-12:00pm</div> <div>Beginner's Yoga w/Vanessa</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Cardio Kickboxing w/Rachel</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div> <div>15</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>11:00am-11:50am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> <div>6:30pm-7:30pm</div> <div>Beginner's Yoga w/Sara</div> </div>	<div> <div>16</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>10:50 am Fitness Center CLOSED – HS Meeting</div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Beginner's Yoga w/Rachel</div> <div>4:00pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	
<div> <div>20</div> <div>11:05am-11:50am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:30pm-7:30pm</div> <div>Senior Dance Class 55+ w/Roberta J.</div> </div>	<div> <div>21</div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>11:00am-12:00pm</div> <div>Beginner's Yoga w/Vanessa</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Abs, Gluts, Thighs w/Rachel</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div> <div>22</div> <div>6:15am-7:00am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>11:00am-11:50am</div> <div>Zumba® w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> <div>6:30pm-7:30pm</div> <div>Beginner's Yoga w/Sara</div> </div>	<div> <div>23</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>10:00am-11:00am</div> <div>SMI Chair Yoga w/Melinda</div> <div>*private session SMI clients*</div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Beginner's Yoga w/Rachel</div> <div>4:00pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	
<div> <div>27</div> <div>11:05am-11:50am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>12:05pm-12:50pm</div> <div>Core Functional Training w/Braxton</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> <div>6:30pm-7:30pm</div> <div>Senior Dance Class 55+ w/Roberta J.</div> </div>	<div> <div>28</div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>11:00am-12:00pm</div> <div>Beginner's Yoga w/Vanessa</div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Tabata w/Rachel</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div> <div>29</div> <div>6:15am-7:00am</div> <div>Spinning® w/Katie</div> <div>*9 bikes available*</div> <div>11:00am-11:50am</div> <div>Zumba® w/Rachel</div> <div>12:05pm-12:50pm</div> <div>HIIT w/Michelle</div> <div>2:00pm-3:00pm</div> <div>JTR Yoga</div> <div>*private session JTR clients*</div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> <div>6:30pm-7:30pm</div> <div>Beginner's Yoga w/Rachel</div> </div>	<div> <div>30</div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> <div>*9 bikes available*</div> <div>9:30am-10:00am</div> <div>YS EEP Exercise Session</div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> <div>Salt River High-Band Room</div> <div>3:30pm-4:15pm</div> <div>Beginner's Yoga w/Rachel</div> <div>4:00pm-5:00pm</div> <div>Core Functional Training w/Braxton</div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Michelle</div> <div>*9 bikes available*</div> </div>	<div>  </div>

GROUP EXERCISE CLASS DESCRIPTIONS:



improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise.

CIRCUIT TRAINING: This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

CORE FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

JOURNEY TO RECOVERY YOGA: This session is for Journey to Recovery clients only. PRIVATE SESSIONS

STEP & PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a circuit/interval setting.

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

SMI CHAIR YOGA: This session is only open to SMI cliental. PRIVATE SESSIONS

SPINNING®: Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. *We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.



TABATA: Tabata training is a high intensity strength and cardiovascular training by which your body will be pushed to the edge. This class will utilize Tabata’s to challenge your body in ways that will increase your aerobic capacity, anaerobic capacity and resting metabolic rate. • 4 minutes long• 20 seconds of intense training• 10 seconds of rest= total of 8 sessions or rounds

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity

YOUTH SERVICES EEP – EXERICSE SESSION “MOUSERCISE”: Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.



Salt River Fitness Center Hours

Monday – Thursday
6:00am to 7:30 pm

Friday
6:00 am to 6:30 pm